

A Posture of Prayer Answer Key

Use this answer key to discuss the students' answers to the A Posture of Prayer activity in their Student Guides.

Let's talk about what you learned in these passages. *It may be helpful to talk to the students about the difference between passages that are descriptive and passages that are prescriptive. For example, there is no command to pray with our hands in a certain position even though certain postures are described. However there are clear commands of the spiritual posture with which we should approach God.*

Physical Posture

- **1 Kings 8:54** *Solomon was kneeling with his hands spread to heaven.*
- **Ezra 10:1** *Ezra was bowed down before the Temple.*
- **John 17:1** *Jesus prayed with His eyes lifted to heaven.*
- **Acts 12:12** *Men and women were gathered together to pray.*
- **Ephesians 3:14** *Paul prays on bended knees.*
- **1 Timothy 2:8** *Men praying with their hands lifted. This is probably the most common posture of the hands described in the Bible.*

Spiritual Posture

- **Psalm 66:16–20** *Praying while extolling God and not regarding iniquity in your heart.*
 - **Proverbs 28:9** *Listening to God's Law.*
 - **Matthew 6:5–7** *Not for a show before men or with vain repetition.*
 - **Philippians 4:6** *With a heart of thanksgiving and trust in God.*
 - **Colossians 4:2** *Praying often and earnestly with a thankful heart.*
 - **Hebrews 4:16/Ephesians 3:12** *Praying boldly and confidently, knowing that God will hear us as we are in Christ.*
 - **James 1:6–7** *With faith and not doubting.*
 - **James 4:3–4** *Not with a selfish attitude.*
1. **How do these physical postures compare to your typical prayer posture?** *Discuss various answers.*
 2. **How do these spiritual postures compare to your typical prayer posture?** *Discuss various answers.*
 3. **In light of these ideas from Scripture (and there are many more that could be examined), what needs to change in your prayer life?** *Discuss various answers.*
 4. **With these truths in mind, does God hear the prayers of unbelievers?** *Based on the spiritual postures we looked at, those who are not in Christ present prayers that are not acceptable to God. They do not have access to His throne of grace because they do not have Christ as Mediator. See the verses in the Historical/Apologetics Background section for more support of this idea. Ultimately, the only prayer of an unbeliever that God responds to is the prayer of repentance unto salvation.*